



RESIDENTIAL  
ADDICTION RECOVERY



Where compassion and knowledge  
produce life-changing results.

ST. JOSEPH INSTITUTE  
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[www.stjosephinstitute.com](http://www.stjosephinstitute.com)

At St. Joseph Institute our mission is to facilitate healing based on the needs of each individual - supporting them as they change and teaching them to adopt new, healthier life-style patterns.

We offer a truly integrated approach to addiction recovery by combining traditional and complementary medicine in ways that care for the whole person - body, mind, emotions, and spirit.

We believe that people have the potential to be whole and that most of us are incomplete, manifesting our brokenness in a variety of ways.

Addiction is a sign that indicates a need for healing and restoration. This healing occurs on many levels as we strive to attain the best possible outcome for the residents in our program.

Our Holistic Model provides the skills and the motivation to help people move toward wholeness and well-being, rather than focusing on disease and pathology.





**ST. JOSEPH INSTITUTE** offers a path to recovery for those struggling with addiction. We use proven methods of treatment and state-of-the-art techniques combined in a holistic approach that heals the whole person - body, mind, emotions and spirit.

**COMPREHENSIVE PROGRAM.** Our staff of highly trained professionals strives to build the foundation for lasting recovery. Components of our program include: group and individual counseling, education and training, nutrition and lifestyle instruction, 12-step programs, physician support, bodywork, fitness activities, pain and stress management, spiritual direction and meditation.

**WELCOMING APPROACH.** We focus on healing rather than casting judgment or condemnation on those who need our help. The Institute is built on Christian, non-denominational principles, and we welcome people of all faith backgrounds. We strive to reflect our values in the ways we interact with others by expressing compassion, patience, support and dedication.

**ADDRESSING THE CAUSES.** Addiction is often a symptom of one or more underlying problems that need to be solved or issues that need to be addressed. Simply learning to respect and administer self-control is insufficient. Underlying the addiction may be wounds that are in need of healing or skills that need to be learned. We want to help people enter into recovery fully and confidently. To that end we identify and address an array of co-occurring disorders, some on a physical level and others on a psychological level.

**FOUNDED ON BEST PRACTICES.** A comprehensive assessment process is used to reveal the specific needs of each person as they enter our program. Those needs are incorporated into a treatment plan that includes components of both traditional and complementary medicine, providing an authentic holistic approach.

LOCATED ON A BEAUTIFUL MOUNTAIN-SIDE CAMPUS IN CENTRAL PENNSYLVANIA, our environment facilitates healing. Elegant log and stone lodges, miles of walking trails, a spa and wellness center, gym, library, chapel and very private grounds all contribute to a successful recovery experience.



### **HOW LONG IS THE TREATMENT?**

Our 30 day program focuses on healing the individual, as well as helping members of their family. During this month-long program, we strive to help participants form a solid foundation in recovery. Our goal is to identify factors that contribute to addiction, and help residents regain their health and achieve greater wellness..We provide the support, skills and resources necessary to make the life-changes that will prevent relapse and lead to a new and better future.

### **WHAT MAKES OUR PROGRAM BETTER?**

We work with each person, addressing specific needs and helping them find a path to wellness that offers lasting recovery. We identify and address underlying issues such as chronic pain, anxiety, depression, trauma and abuse. We respect each person by honoring the gifts and strengths that will help them succeed in recovery, and by helping them identify and address issues that could lead to relapse. Our holistic focus helps residents become attuned to their own level of wellness and learn to monitor and tend the authentic needs expressed by their body, mind, emotion and spirit. As participants work toward achieving wholeness, they also learn how to establish and cultivate healthy relationships and find new sources of happiness.

### **WILL CONFIDENTIALITY BE ASSURED?**

The Institute operates under the strictest rules of confidentiality. Our secluded location allows participants to receive treatment in an atmosphere that ensures privacy.

### **IS THERE HELP WHEN YOU RETURN HOME?**

We stand with our residents as they return home, helping them on the path to lasting recovery and wellness. Residents receive on-going support as they complete our program and transition to their local communities. Through an intensive aftercare program, we provide telephone and internet counseling as well as classes for residents and their families. On a periodic basis we offer retreats and alumni events at the Institute.

### **IS TREATMENT COVERED BY INSURANCE?**

The Institute works on behalf of each resident to obtain the maximum reimbursement from their insurance provider. Unfortunately, insurance rarely covers the full cost. A variety of financing options are available, and our staff is ready to assist in selecting the best approach.



## KEY ELEMENTS OF OUR PROGRAM

AN AUTHENTIC HOLISTIC APPROACH

COMPREHENSIVE ASSESSMENT PROCESS

EMPHASIS ON HEALING THE UNDERLYING  
FACTORS OF ADDICTION

INDIVIDUAL AND GROUP COUNSELING

BEST PRACTICES IN COMPLEMENTARY AND  
TRADITIONAL MEDICINE

EXTENSIVE PSYCHO EDUCATION

STRONG FAMILY PROGRAM

NUTRITIONAL PROGRAM TO  
REDUCE CRAVINGS

12-STEP ORIENTATION

LIFESTYLE ENHANCEMENT

RELAPSE PREVENTION

AFTER-CARE



We believe that people have the  
potential to be whole.

## AMONG OUR AREAS OF SPECIALTY

ALCOHOL ADDICTION

DRUG ADDICTION

FOOD ADDICTION

TRAUMA AND ABUSE

PAIN MANAGEMENT

DEPRESSION

ANXIETY



Call for a confidential discussion of how we  
can help you or someone you care about.

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